



Mushroom Quiche

Serve this dish with whole wheat toast and 100% orange juice for a balanced start to your day.



INGREDIENTS

nonstick cooking spray	¼ teaspoon dried thyme
1¼ cups sliced mushrooms	¼ teaspoon ground black pepper
3 green onions, finely chopped	½ teaspoon dried mustard
1 clove garlic, finely chopped	1 cup egg substitute
1½ teaspoons dried oregano	¾ cup nonfat milk
2 teaspoons dried basil	½ cup shredded lowfat Cheddar cheese
¼ teaspoon salt	
1 teaspoon dried marjoram	

PREPARATION

1. Place an oven rack in the lower third of the oven. Preheat oven to 375°F.
2. Spray a large skillet with nonstick cooking spray and heat over medium-high heat.
3. Sauté mushrooms, green onions, and garlic until tender, about 5 minutes.
4. Stir in oregano, basil, salt, marjoram, thyme, ground black pepper, and dry mustard. Cook until liquid is evaporated, about 2 minutes.
5. Let the mushroom mixture cool for about 5 minutes.
6. In a medium bowl, combine egg substitute, milk, and cheese; beat well.
7. Combine the batter with the mushroom mixture and pour into a 10-inch pie dish.
8. Bake for 35 to 45 minutes until filling is puffed, set, and starting to brown. Serve while hot.

Makes 6 servings. 4-inch slice per serving.

Prep time: 15 minutes **Cook time:** 1 hour

Nutrition information per serving: Calories 58, Carbohydrate 4 g, Dietary Fiber 1 g, Protein 8 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 280 mg